

Salmonellosis
Maine CDC Reportable – 1-800-821-5821

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Definition

Salmonellosis is caused by bacteria called *Salmonella*.

Signs and symptoms

Symptoms include diarrhea, fever and abdominal cramps. Illness lasts for 4 to 7 days.

Transmission

Salmonellosis is primarily transmitted to a person through swallowing the bacteria from a contaminated item. Known exposures that result in illness include consumption of contaminated food, unpasteurized (raw) milk, water that has not been disinfected, contact with cattle (are there other animals that carry this? chickens, reptiles, baby rabbits pigs?) or the feces of infected people or animals.

Diagnosis

Salmonellosis is diagnosed by clinical symptoms and laboratory tests of stool, blood, or other sterile body fluid for the presence of *Salmonella*.

Treatment Recommendations

- If symptoms are noted, the child should be referred to their primary care provider for treatment
- Non-specific supportive therapy, including hydration, is important
- Antibiotics should not be used to treat salmonellosis, except for severe, hospitalized individuals

Role of the School Nurse

Prevention

- Provide education to students and staff regarding good hand washing with soap and water
- Promote proper hand washing after handling animals, especially reptiles and baby chicks or ducks or avoid having reptiles and baby chicks or ducks in the classroom
- Avoid swallowing water when swimming or playing in lakes, ponds, streams, swimming pools and backyard “kiddie” pools
- Exclude students symptomatic from school and school trips, especially involving swimming
- Provide education on safe food handling practices including washing foods before consumption
- Avoid unpasteurized dairy and juice products

Exclusions

- Students should be excluded from school while symptomatic with diarrhea, nausea, vomiting, abdominal cramps and fever.

Reporting Requirements

- Salmonellosis is a reportable disease – report to 1-800-821-5821

Resources

- Maine CDC salmonella website (including fact sheet <http://www.maine.gov/dhhs/boh/ddc/epi/disease/salmonellosis.shtml>)
- DOE Child Nutrition Services <http://www.maine.gov/education/sfs/index.html>
- Federal CDC Salmonella website <http://www.cdc.gov/salmonella>
- USDA food safety website http://www.fsis.usda.gov/food_safety_education/index.asp
- FDA food safety website <http://www.fda.gov/Food/FoodSafety/default.htm>
- Federal CDC raw milk website <http://www.cdc.gov/foodsafety/rawmilk/raw-milk-index.html>
- Federal CDC healthy swimming website <http://www.cdc.gov/healthywater/swimming/>
- DOE Child Nutrition Services <http://www.maine.gov/education/sfs/index.html>